

Year 7 PE Autumn Term 1: Trampolining

History of Sport	<p>Developed in 1934, trampolines were originally used to train astronauts or were used as a training tool for other sports. They soon became popular in their own right and a sport was born.</p>
Cultural status	<p>In 1959 and 1960 it became very popular to have outdoor commercial "jump centres" or "trampoline parks" in many places in North America where people could enjoy recreational trampolining.</p>
Overview and objective	<p>On a modern competitive trampoline, a skilled athlete can bounce to a height of up to 10 metres (33 ft), performing multiple somersaults and twists. Trampolines also feature in the competitive sport of Slamball, a variant of basketball, and Bossaball, a variant of volleyball.</p>
Rules	<ul style="list-style-type: none"> ● A routine must always start and finish on feet. ● Competitors must start their routine within 60 seconds after presenting to the judges. ● Competitors are permitted up to one "out bounce", a straight jump to control their height at the end of a routine, before sticking the landing. ● The trampolinist must stop completely – this means that the bed must stop moving – and they have to hold still for a count of 3 seconds before moving. ● In competitions, moves must usually be performed in one of the following 3 basic shapes: Tucked, piked straight. 
Skills:	<p>Basic categories of skills:</p> <ul style="list-style-type: none"> ● Basic jumps: tuck jump; pike jump; straddle jump; half twist; full twists. ● Basic twists: seat drop, half twist to feet; half twist to seat drop; swivel hips. ● Basic landings: seat drop; front drop; back drop. ● Basic combinations: seat drop to front drop; front drop to seat drop; front drop, half twist to feet; half twist to front drop; back drop, half twist to feet; half twist to back drop. <p>Advanced categories of skills:</p> <ul style="list-style-type: none"> ● Advanced twists: one and a half twist jump; half turntable; full turntable. ● Advanced landings: back drop to front drop; front drop to back drop. ● Advanced landings, including twisting and rotation: back drop, full twist to feet; back drop, half twist to back drop (cradle); back drop, full twist to back drop (cat twist). ● Somersaults: three quarter front somersault to back, to feet; front somersault to feet; back somersault to feet.
Game Sense (Tactics)	<p>Understand rules and skills, create routines using a mixture of basic and advanced skills.</p>

Year 7 PE Spring Term 1: Dance

History of Street Dance	Street dance, also more formally described as vernacular dance, originated in New York in the 1970s. Evolving on the streets of Manhattan and the Bronx, it was developed as an improvised, social dance form, reacting against traditional, high-art dance styles.
Cultural status	Street dance is fast becoming a popular subject and is now being included in the national curriculum for GCSE dance. Student love this form of dance based on it's fast past and use of expressionism (freestyle). This allows students to gain confidence, build on teamwork skills and use initiative which can be applied in various subjects.
Knowledge and Skills:	<ul style="list-style-type: none">● mirroring – this technique requires dancers to do the same travel, jump, shape or balance at exactly the same time● leading and following – these movements require one dancer to lead and the other partners to follow● meeting, avoiding or passing by – these movements require dancers to travel towards each other and then move right or left to avoid and pass● meeting and parting – these movements require dancers to meet, turn and travel away● canon – this technique requires dancers to take it in turns to perform a movement that is then identically copied and performed by others● unison – this technique requires dancers to move at the same time as each other● contrasting – this technique requires dance partners to perform contrasting movements to each other● Locking- Freezing a fast movement and locking it● Popping- contacting and relaxing the muscle.● Breaking- Acrobatic movement including flips and spin. 
Performance and appreciation	Students need to use the skills applied throughout the course of the lesson which includes confidence, remembering a choreography and using lots of energy when performing.

